



STATE OF ALABAMA DEPARTMENT OF
PUBLIC HEALTH

PREMATURITY AWARENESS (60 SECONDS)

This is Acting State Health Officer, Doctor Scott Harris. In Alabama, premature birth is the leading cause of death among infants before their first birthday.

Worldwide, fifteen million babies are born preterm each year and more than one million die as a result. Losing a baby can have devastating effects on families – and babies who survive often have health problems that follow them the rest of their lives.

Make healthy lifestyle choices for you and your baby. Get early and consistent prenatal care, eat right, exercise, and address any chronic health conditions prior to and during pregnancy. Most importantly, allow your baby to choose his or her birthday. Ask your healthcare provider to allow your pregnancy to progress to thirty-nine weeks, unless there is a medical reason to deliver early. Join the Alabama Department of Public Health in raising awareness about the risk factors that contribute to prematurity. Let's work together to reduce prematurity and give every baby the best start to a healthy life.

For more information, visit our website at Alabama public health dot gov slash perinatal.

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